

Weekend and Evening Hours Available

MONDAY – FRIDAY

7:30a – 6:30p

SATURDAY

7:30a – 11:00p

By appointment only

Dry Needling (Optional Treatment)

What is Dry Needling?

Dry needling is an invasive procedure in which a solid filament needle is inserted into the skin and muscle directly at a myofascial trigger point. This process aims to decrease multiple contraction knots, which are related to the production and maintenance of the pain cycle. It is typically initiated after less aggressive treatments have failed. Most often, it is used in conjunction with a variety of physical therapy modalities, stretching and education.



Is Physical Therapy appropriate for you?

- **ASK YOUR DENTIST:** Talk to your dental provider during your visit to find out if physical therapy is appropriate for you and to obtain a referral.
- **CALL OUR OFFICE:** For more information on our treatments for TMJ pain, call and speak to one of our highly trained physical therapists.



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Treating TMJ pain with Physical Therapy



Physical Therapy and Dentistry

Performance & Rehabilitation Center of Glen Burnie



Ryan Lynch, MPT
Director of Physical
Therapy Services



Kyle Jones, PTA
Associate of Physical
Therapy Services

OUR PROVIDERS

Both Ryan Lynch, MPT and Kyle Jones, PTA have had additional, extensive education with members of the Physical Therapy Board of Craniofacial and Cervical Therapeutics, an elite group within the physical therapy community. With this advanced education, they perform a comprehensive evaluation and provide treatments of the TMJ, cervical spine, and the surrounding structures and musculature.

“On average, there is an 85% success rate with patients who report relief and improvement with their jaw pain after physical therapy...”

- Jeff Humphrey, DPT, MTC, CFS

Treating TMJ with Physical Therapy

Contemporary research shows that skilled physical therapists working in conjunction with dentists yield remarkable results for patients who suffer from TMD, limited jaw opening, jaw locking/clicking, and facial injuries. Our TMD trained physical therapists provide relaxation to the muscles of mastication, address the arthrokinematics of the TMJ, and evaluate the dynamics of the cervical spine.

- **PAIN TREATMENTS:** We utilize modalities, such as electrical stimulation and ultrasound to reduce acute TMJ inflammation.
- **IMPROVING JAW MOVEMENT:** Using skilled, internal manual techniques, our physical therapists gently restore joint integrity, the proper mechanics of the TMJ, and muscle symmetry.
- **POSTURE EDUCATION:** Proper body positioning and ergonomics are emphasized during treatment to reduce jaw and cervical discomfort.
- **COLLABORATION WITH DENTAL PROFESSIONAL:** Teeth malalignment and other oral problems may also contribute to TMD. Dentists may order special appliances, such as "bite guards" to create a natural resting position and improve jaw function, assisting in the rehabilitation process.

Frequently Asked Questions

Q: How to get referred for TMJ physical therapy?

A: A written referral for physical therapy is often required by a patient's health insurance. Speak with your dental provider to find out how to obtain a referral.

Q: Is physical therapy appropriate for you?

A: Patients who report jaw pain with chronic clenching, bruxism, locking in opening or closing, and TMJ clicking are likely appropriate for physical therapy intervention.

Q: How long is the physical therapy treatment for TMD?

A: Although every patient's treatment plan differs, most patients attend physical therapy twice a week for four to six weeks. However, many patients experience significant pain relief after the first few physical therapy sessions.

Q: Is physical therapy for TMD covered by insurance?

A: Yes, the TMJ is treated the same as any other joint in the body, and its rehabilitation is covered by health (not dental) insurance. We accept virtually all major insurances and participate with most local provider networks. Additionally, cash fees for service are also accepted.